

## We Provide:

- Crisis intervention, general support, information, referrals, and ongoing counselling to individuals affected by domestic and/or family violence.
- Individual counselling to individuals struggling with family violence issues including past sexual abuse.
- Advocacy and referral options to help connect individuals and families with specialized community resources, based on specific client needs.
- Information regarding healthy ways to resolve a crisis to avoid prolonged family, social, and psychological problems.
- Education to create an awareness of choices, enables family members to move past the crisis, and ensure the crisis will not be prolonged.
- Personal development in the areas of communication, conflict resolution, coping strategies, problem solving, and goal setting.
- Tools for individuals and families to increase healthy interaction within daily relationships.
- Support groups and educational workshops.

## Contacting Envision

You can e-mail a counsellor directly through our website, or call one of our three offices to schedule an appointment. A counsellor will try to see you within 24 hours.

Our office hours are Monday to Friday from 9:00 to 5:00. All counselling services are provided free of charge.

## Counselling Process

The counselling process begins with an initial intake interview. In the first counselling session the counsellor will ask about the issues and discuss possible options.

The number of sessions clients attend for counselling varies widely. It depends on the nature of the issue, type of therapy, and many other variables. Envision places no restriction on number, or frequency of counselling sessions. Most clients come in for counselling once a week initially and move to every two weeks after six months.

## Privacy and Confidentiality

Envision is committed to protecting the privacy and confidentiality of your personal information. We do not release client names or information under any circumstances unless required by law.

## Referrals

No referral is necessary for retaining counselling services. Referrals for counselling may be given by lawyers, educators, courts, and/or healthcare professionals. You may self-refer by calling during office hours to one of our three office locations, in Weyburn, Estevan, or Carlyle.

## Cancellation Policy

We request that clients inform their counsellor as soon as possible if they need to change or cancel their appointment. Sessions are required to be cancelled at least 24 hours before scheduled appointment time. We understand when circumstances arise and prevent you from making your scheduled appointment, but we ask that you consider the person who would have been able to have that session time.



Envision is a non-profit, community-based organization governed by a volunteer Board of Directors from Southeast Saskatchewan.

Envision helps individuals, families, and couples embrace healthy choices to feel empowered, by providing therapeutic counselling, support, in-home services, groups, workshops, and education.

**Estevan Office**  
Box 511  
Estevan, SK  
S4A 2A5  
P: 306-637-4004  
F: 306-634-4229

**Weyburn Office**  
120 3rd St. S.  
Weyburn, SK  
S4H 2C2  
P: 306-842-8821  
F: 306-842-8815

**Carlyle Office**  
Box 1017  
Carlyle, SK  
S0C 0R0  
P: 306-453-2405  
F: 306-453-2407

**Oxbow Office:** 306-483-5555

[info@envisioncounsellingcentre.com](mailto:info@envisioncounsellingcentre.com)

We do not subscribe to call display. Collect calls accepted.

**24-Hour Abuse/Sexual Assault Support Line**  
**1-800-214-7083**

Envision receives funding from the Ministry of Justice, Ministry of Social Services, United Way of Estevan, Weyburn & District United Way, and the community.



Donations from private groups, organizations, corporations, or individuals are gratefully accepted to assist Envision in serving communities in Southeast Saskatchewan.



[www.envisioncounsellingcentre.com](http://www.envisioncounsellingcentre.com)

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Serving Southeast Saskatchewan since 1994

# Adult and Family Counselling Programs



**Therapeutic Counselling  
and Support Services  
for Individuals, Families,  
and Couples**

*Exploring your options and  
supporting your decisions.*

## About Us:

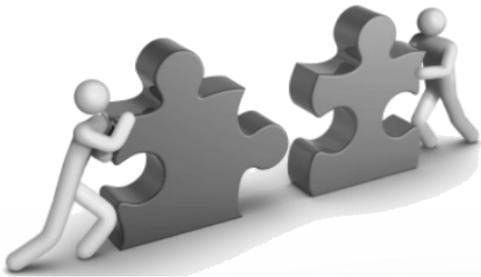
Counselling is available at all three office locations and is 'client directed', meaning the process is based on what the client feels they need.

Counsellors also give support in the areas of safety, empowerment, self-esteem, assertiveness, healthy expressions of feelings, coping strategies, problem solving, and conflict resolution.

We believe that counselling represents an opportunity for personal growth and for recognizing unique qualities, abilities, and strengths that enable individuals to see their true potential.

## What to Expect From Counselling:

- Knowledge and understanding about the issue.
- Learn coping strategies and your strengths.
- Practical information, resources, and tools to help with the issue at hand.
- Discussions of all your options, exploring your goals, and assistance developing an action plan.
- Referrals to specialized agencies if needed to better support you.
- A plan for ongoing support, after counselling has ended.



## Interpersonal Violence and Abuse Program

The Interpersonal Violence and Abuse (IVA) Program provides support for individuals affected by abuse, including survivors of sexual assault, spousal assault (domestic violence), dating violence, stalking/harassment, older person abuse, and family violence.

You do not have to be physically abused to seek services. 80% of our clients come in for counselling as a result of other forms of abuse (i.e., emotional or verbal abuse).



## Help for Others

Individuals who are in a supportive role to the survivor, such as parents, partners, relatives, and friends, can also receive support from an Envision counsellor as they may be affected by the abuse as well.

*Counselling led me on a path to self-discovery. Empowered me to be more assertive and gave me the tools to move towards healing. Encouraging healthy relationships and a more peaceful family life for my children and myself is all I could ask for.*

*-Envision Client*

## Adults Abused as Children

Envision offers services to male and female survivors seeking healing for childhood abuse. Counsellors are trained to be trustworthy, non-judgmental, and maintain confidentiality. Survivors may have feelings of shame and embarrassment, but seeing a counsellor can assist in seeing things from a different perspective. There are several stages of recovery that will influence moving toward feelings of empowerment, self-control, and self-confidence.

Every individual's recovery process is unique. The counsellor will help you cope and heal in healthy ways that will work best for the survivor.

When abuse occurs, it can affect how someone deals with relationships, love, and everyday stressors. Unhealthy coping skills often affect a survivor's self-esteem and self-worth.

It can sometimes be more painful to live in silence than take the risk involved in seeking help. Receiving counselling and/or joining a support group may play a positive role in the healing process.

## Help for Others

Being a support for someone who is dealing with childhood abuse may take extra understanding and patience. Knowing how recovery works can help you support them without feeling overwhelmed. Individuals who are in a supportive role to the survivor, such as parents, partners, relatives, and friends, can also receive support through our Interpersonal Violence and Abuse Program.

*You don't have to go through healing alone. Help is only a phone call away.*

## Family Intervention Program

The Family Intervention Program (FIP) provides immediate assessment, support, and crisis counselling to individuals, couples, and families experiencing an event or situation that is overwhelming or traumatic for the family.

Our goal is to strengthen you and your family unit by empowering family members to improve the quality of their personal and family lives.

## We Can Help With:

- Couples/Marital Relationship Breakdown
- Step-Family/Blended Family Challenges
- Child/Teen and Parent Conflict
- High-risk Child/Adolescent Behaviours
- Family Crisis
- Any other significant change or loss within the family that is creating a high degree of stress.

We believe every family has strengths when facing challenges. Issues can present themselves in many ways, including differences in expectations, boundaries, and communication styles. Family counselling analyzes root issues, provides options, and introduces tools necessary to assert needs and feelings effectively to improve family dynamics.

*We almost always have choices, and the better the choice, the more we will be in control of our lives.*

*-William Glasser*